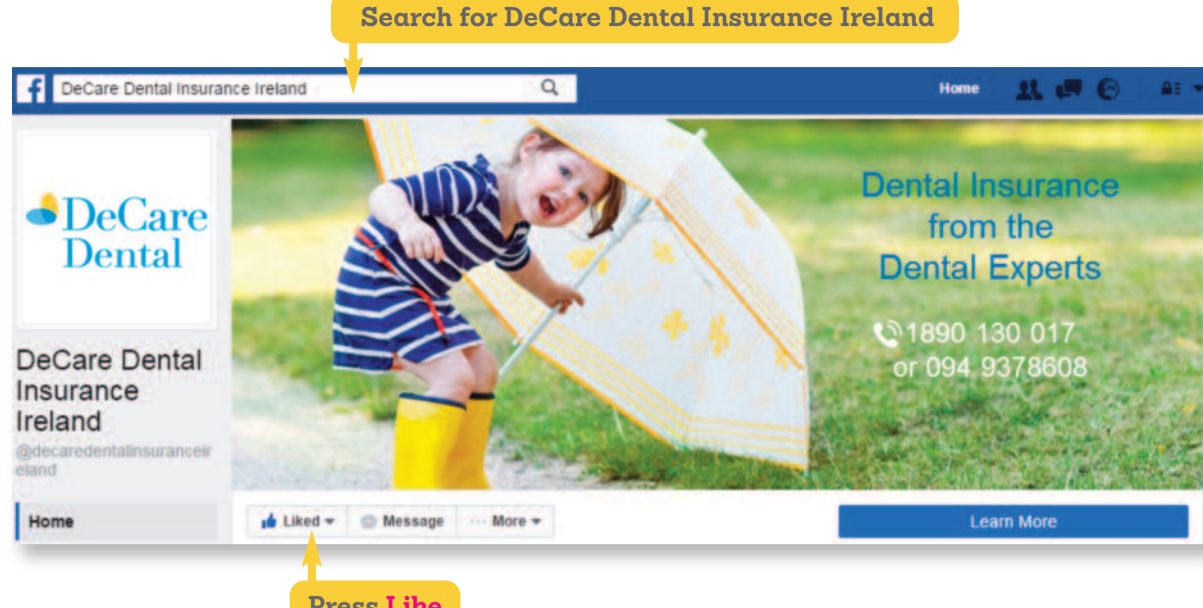


Social Media Tip Sheet



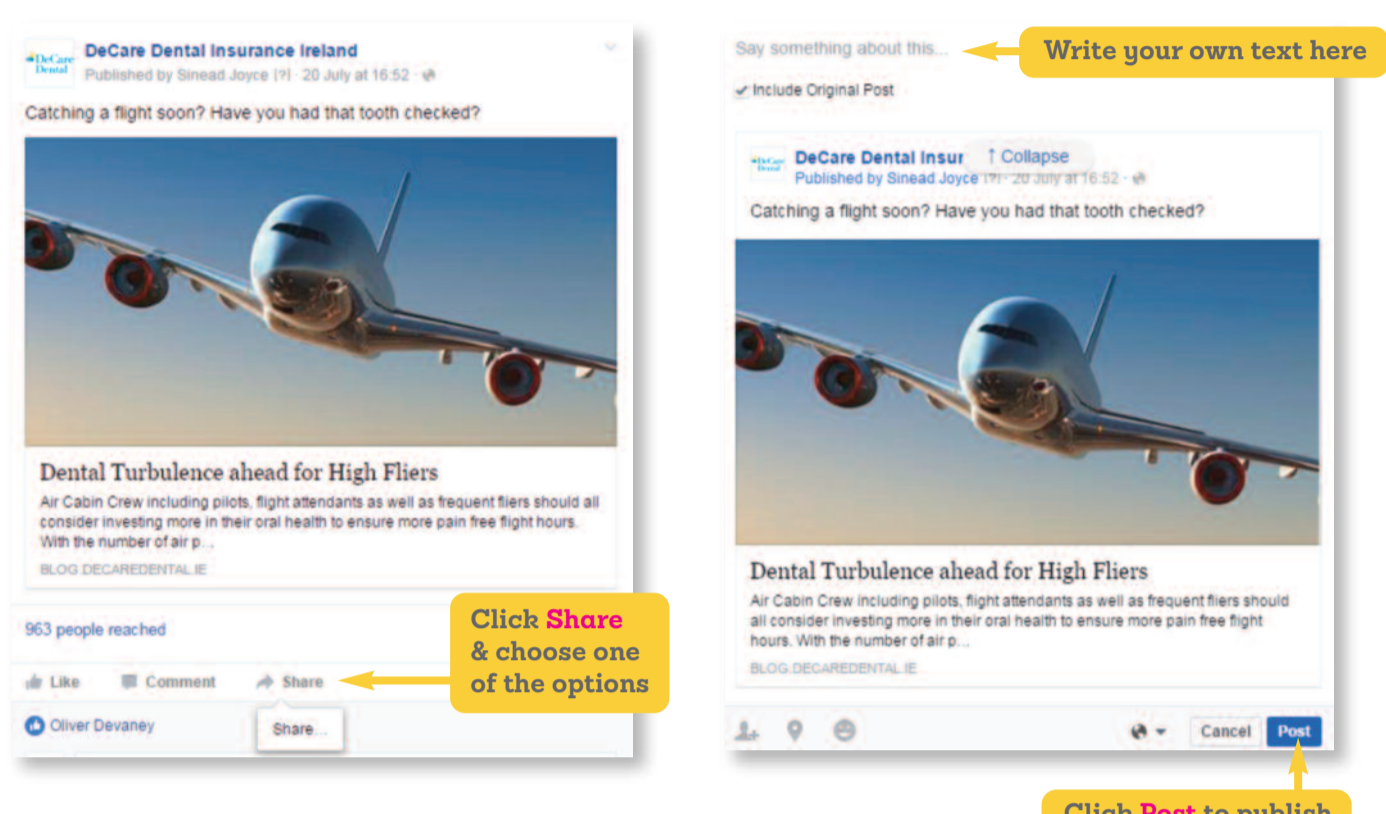
Facebook

1. Search for **DeCare Dental Insurance Ireland**
2. Hit **Like** below the cover image to follow the DeCare Dental page



Sharing a post

1. Find the post you want to share by scrolling down the page.
2. Click **Share** underneath the post you want to share.
3. There is an option to include your own text. (this can be left blank)
4. When finished click **Post** at the bottom and it will be published to your page.



Twitter

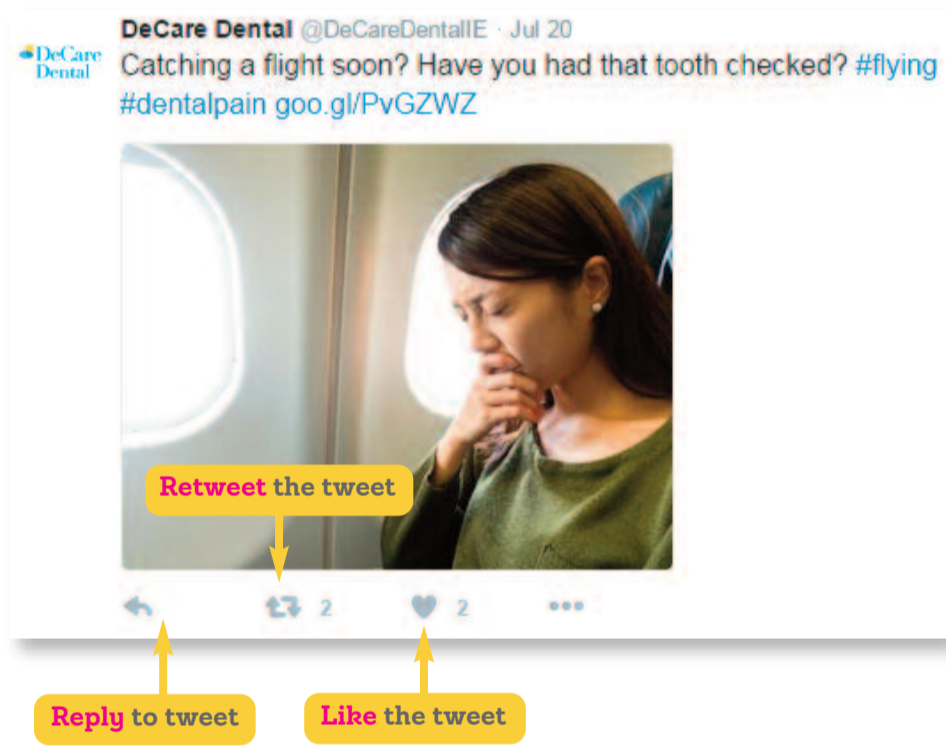
1. Follow DeCare Dental on Twitter - **@DeCareDentalIE**
2. Hit **Follow** below the cover image to follow the DeCare Dental page



Retweet

There is 3 options below a tweet:

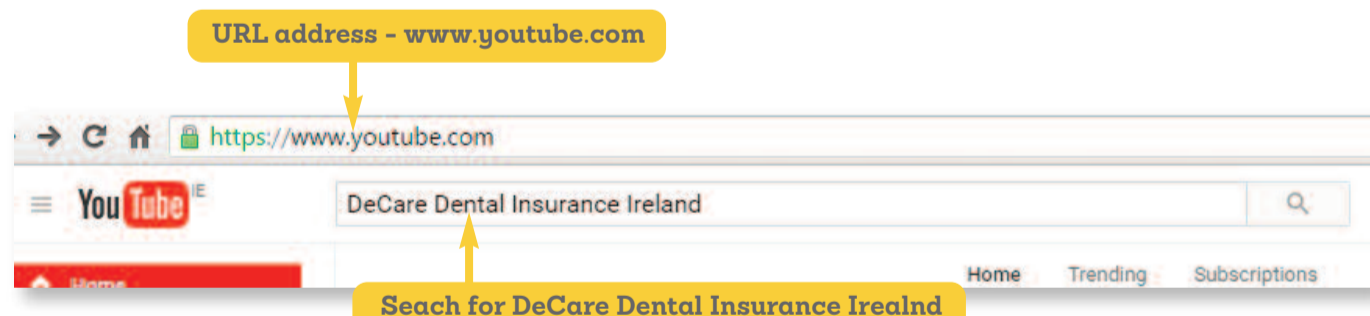
1. **Reply** to tweet
2. **Retweet** the tweet
3. **Like** the Tweet



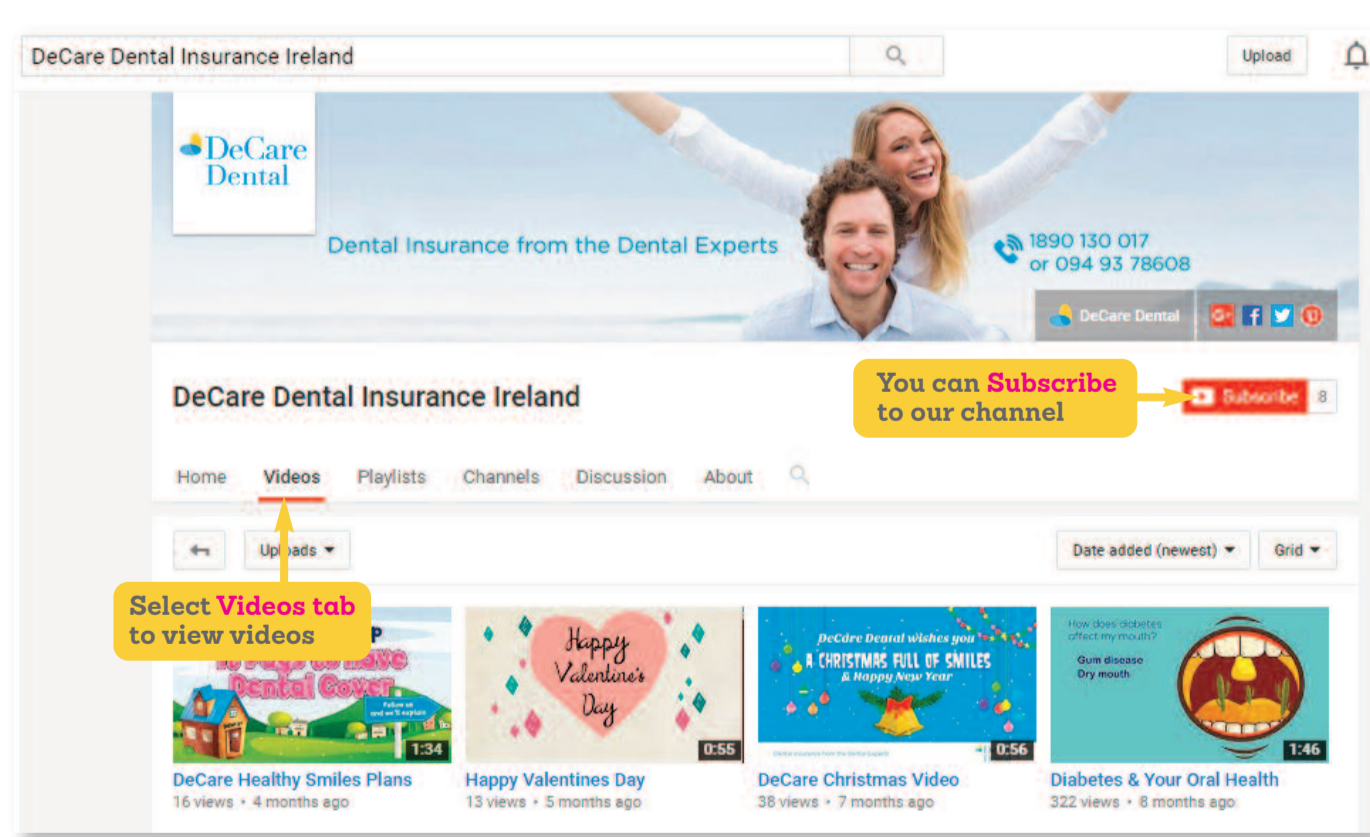
YouTube

The oral health team at DeCare have produced oral health videos which are available for you to share on your social media channels or embed on your website.

1. Go to the website **www.youtube.com**
2. Search for **DeCare Dental Insurance Ireland**



1. You can subscribe to the DeCare Channel with the red subscribe button – this will notify you when new videos are uploaded.
2. To see all DeCare Dental's videos select the video tab



1. Choose the video you want to share
2. Select **Share** under the video
3. **Share** – brings up all social media buttons which allows you to post directly to the social media page you choose
4. **Embed** – this gives you the code that lets you embed the video on your website

